



**Department of Health and  
Wellness—Innovative Approach  
to Falls Prevention**

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**ACIP Conference**

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# CURRENT SITUATION

- In 2010 in Nova Scotia 510 deaths resulted from injuries. The leading causes of these deaths were falls (35%).
- Nearly two-thirds (60%) of injury-related hospitalizations were the result of falls.
- Total costs 244 million for falls (includes direct and indirect costs).

# SETTINGS: Innovative Approach

***Goal: Reduce fall rate and fall related injury rate***

1. Acute Care—No Pass Rule
2. Long Term Care—Vision Screening Program
3. Home/Community—HSEP (Home Support Exercise Program)

# Acute Care: No PASS Rule

- Positive Deviance in Health Care
- Staff directed
- Interdisciplinary
- Barriers

# Long Term Care—Vision Screening

- 1 in 9 people have reduced vision over the age of 65
- Estimates indicate that 20-50% of older people have undetected reduced vision
- Vision plays an important role in balance, mobility, falls – and quality of life
- 75 % of vision loss can be prevented (CNIB)

# Which bed is easier to see?



# Vision Screening Kit



Our vision-screening kit contains:

- An instruction booklet
- The vision screening tool
- A referral algorithm

# Significance

- Vision plays an important role in balance, mobility, falls and standing balance of older persons.
- Fall related hip fractures in the elderly are higher in persons with visual impairment.
- Hip fractures are the most common fracture, the most devastating and the most costly to the health care system to treat.
- The average cost for a vision examination for seniors in is \$70; cataract surgery is approximately \$1300, and hip surgery due to a fracture from a fall is upwards of \$58,000

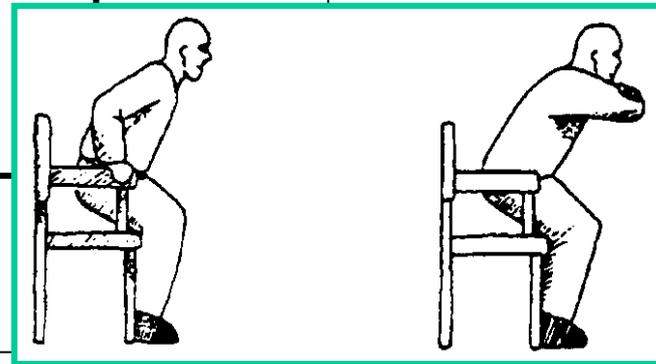
# Home/Community: Home Support Exercise Program



- The Home Support Exercise Program (HSEP) was developed for the frail elderly living in the community.
- It is comprised of 10 simple, yet progressive exercises designed to enable older adults to enhance and/or maintain their functional mobility and independence.

# 10 Simple Exercises

1. Walking
2. Wall push-ups
3. Rising up on toes
4. Toe taps
5. Seat walk
6. Up from a chair
7. Leg lifts
8. Reaching
9. Standing stretch
10. Seated stretch



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- Home Support Agencies/Continuing Care
  - CCA (continuing care assistant) curriculum
  - Volunteers in community

# Contact Information:

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